

SENIOR NEWSLETTER JULY 2015
MUNICIPAL AGENT FOR THE AGING/SENIOR SOCIAL SERVICES
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
MONDAY – FRIDAY Hours: 9 AM to 2 PM
OUTREACH PAM HEALY 203 261-0289

Dear Friends,

I cannot believe that summer is in full swing! With that said it is time for your friendly reminder to stay cool by having your AC units in, your fans nearby, or better yet come to the ESC to cool off (it's actually chilly here some days). I am in the planning stages of lots of program in the fall, but here's a little preview...A presentation with discussion on Seniors & Driving, the return of Bereavement Group which will be more of a workshop, a tour of Ridgefield Crossings a wonderful assisted living facility, and not one but TWO Open Enrollment days for Medicare! I am excited about these programs and encourage everyone to come and listen, learn and participate! I have been told about some interesting books so if you are looking for some summer reading *Being Mortal* by Atul Gawande and *The Conversation* by Dr. Angelo Volandes. Both books talk about advance care planning, and ensuring that we never sacrifice what we really want in life (and death). I have a copy of *Being Mortal* in my office to loan, but check the library for availability.

Happy Summer,

The Commission for the Aging (CFA) does not meet over the summer but will resume meetings in September.

Please, call Pam Healy to arrange a visit. She is a caring listener, and has valuable information about the social services programs and resources available to you. As your Easton Outreach Visitor, Pam is available to you with just a phone call 203-261-0289.

HAPPY FOURTH OF JULY

